

“Nutrition Program” Follow-Up

by Bernard Dowling

This is a brief explanation of some of the menu goals and options proposed for the new nutrition program. The experimentation week will be coming up shortly and it is important for you to know what's going on because it will be you who decides what your going to be eating over the next few months and years.

The goals are to; 1. Place special emphasis on correcting the four main problem areas in the American diet as recognized by leading nutritionists:

- A. Too much sugar.
 - B. Too much saturated fat.
 - C. Too little roughage.
 - D. Too many chemicals and additives.
2. Adhere to the standards set by the Food and Nutrition Board, National Academy of Sciences. This will assume that all recommended daily allowances will have been met.
 3. Commonly available foods based on student preferences will form the backbone of the program, however, emphasis will be placed on introducing less familiar highly nutritional foods.
 4. A conscientious effort will be made to eliminate highly processed and pre-prepared foods.

EXPLANATION OF MENU

Items to be eliminated: Carbonated soft drinks, deep fried foods, potato chips, flavored and colored gelatins, cake and dessert mixes, sherbert and ice cream, dry cereals except Granola, Grapenuts, Shredded Wheat, Bran Flakes, Raisin Bran and All Bran. Imitation dairy products, dehydrated and powdered

cookies, polyunsaturated fats for cooking and salad dressings, and whole grain crackers, whole grain pastas.

PROGRAM AND PRICING OPTIONS

Option I: This would include the complete nutritional program including unlimited seconds on all food items and would include the use of honey, steak and steak like entrees, such as london broil, salmon, halibut, etc. The price for this program would be 7% higher than our current program, this

works out to be approximately 21 cents a day more or \$15 more per term.

Option II: This would include the nutritional program, however, would eliminate:

- A. Seconds at the dinner meal except for beverages and the salad bar.
- B. Steak and “steak like” entrees from the menu.
- C. Honey at all meals.

The price for this program would remain the same as our

ment is presently doing a comparative nutritional analysis on both the present and the proposed menus. She hopes to have the information on the exact costs, i.e., what we will be getting nutritionally for our money, before the experimentation week. Home Ec. Week is coming up in a couple of weeks and the Friday of that week there will be a dietitian and a nutritionist visiting us. Hopefully they will get to sample the new food program and give us some “feedback” on it.

Unfortunately no definite date can be set for the experimentation week yet because Saga Jim is still out of commission with that slipped disc. Lets not forget to keep praying for him.

I'm convinced that all those in-



involved in this new program are committed to creating a higher quality and nutritious food service for us. Similar programs have been introduced throughout many of American colleges and have been well received and very successful. Dean of Students Gene Habecker has supplied the Crescent with a great deal of information concerning the program. Information will be available for interested students in the next few days. In the words of Dean Habecker “I'm not interested in being faddish but I am interested in good nutrition. Further I want to make sure that the students are getting the nutrition for their money”.

current program.

If the students do decide to go for the Nutrition Program it will not go fully into effect until next fall. However, starting this January we will have a little “taste” of what to expect for next year. For example a meatless dish may be offered daily among other samples of the proposed program.

Miss Kratzberg, the Head of GFC's Home Economics Depart-

140-Voice Choir Sets Christmas Performance



“Requiem” an oratorio by Johannes Brahms, will be George Fox College's Christmas gift to Portland and Newberg.

A 140-voice oratorio choir will perform the work, sometimes called “A German Requiem,” Dec. 12 with a 3 p.m. concert in the Newberg Friends Church and a 7:30 p.m. performance in the Reedwood Friends Church in Portland.

The choir will be accompanied on the organ by George Fox music professor David Howard, and at the piano by Lori Dworschak, a sophomore music-education major from Molalla.

Directing the performance is Dennis Hagen, head of the college music department.

“Requiem,” a selection of scripture passages relating to death, is taken from the Authorized Version of the English Bible. It was written in 1868 in the Romantic Period in music, and was originally composed in German.

The oratorio tells of the consolation of the living for the dead, and climaxes in an offering of praise to God.

The choir will sing the work in English, primarily with large chorus parts. Doug Feller, a

private voice instructor in Portland, will have the bass solo part. In Newberg, the soprano solo part will be taken by Debbie Freeman, a senior from Medford, and in Portland, senior Carol Seibert, from Portland, will be the soprano soloist.

Brahms began “Requiem” as a piano concerto, but it was rejected by audiences at its first performance. After the death of a close friend and mentor, Robert Schumann, in 1856, Brahms returned to the concerto and reworked it into a choral setting. The death of Brahms' mother in 1865 is assumed to have added more feeling to the work already in progress, but Brahms later denied the individual application saying he had “the whole of humanity in mind.”

This is the eleventh year for Christmas performance series of oratorios. Last year's presentation was “The Peaceable Kingdom” by Randall Thompson. Other presentations have included Honneger's “King David,” “The Creation” by Haydn, and Bach's “Christmas Oratorio.” Handel's “Messiah” is scheduled every three years because of its popularity and will be performed next year.

PORTLAND DINNER FOR GEORGE FOX

About 1,500 persons, the maximum that can be handled in Oregon's largest formal dining facility, are expected to attend the third annual Portland area dinner for George Fox College Tuesday night (Dec. 7).

The 7:30 p.m. banquet in the Portland Hilton Grand Ballroom is believed to be the largest dinner of its type for any Oregon college.

Underwritten by friends of the Newberg college, the dinner is patterned after similar dinners held annually for the college through the West. The Portland dinner has become the largest.

A Southern California Dinner in the Disneyland Hotel in

Anaheim is in its 10th year and has about 800 in attendance.

George Fox President David Le Shana will be featured with a multi-image presentation on the college, including an update on two new buildings under construction in a \$3 million effort, and a third to be started this month.

Also on the program is the GFC a cappella choir, and organist David Howard.

The dinner is being chaired by Bill Field, schedule coordinator for the Carnation Co., Portland.

The evening starts with an informal reception at 7 p.m.



potatoes, reduction in the menuing of hot dogs and processed meats, bacon, white bread, bleached flour.

Items to be introduced; Raw sugar, whole wheat flour, whole grain breads and cereals, whole grain cereals, home baked breads, rolls and buns, greater variety of fresh vegetables, fresh fruits served lunch and dinner, meatless item served lunch and dinner, nutritional cakes and



OUR READERS RESPOND: to the EDITOR

Dear Editor,

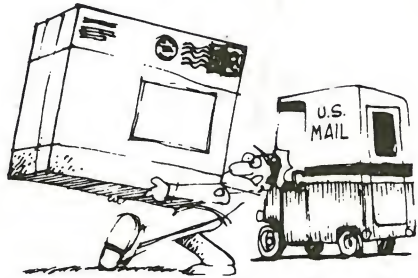
There is a problem that has been disturbing me, and I'd like to share it with you in all christian love.

The thing that makes G.F.C. so good, is that Christ is applied to everyday life and business, like he should be; or has he been? Since I came, I've seen Christ in the teachers, the students, and the administration; but not to a very great extent, I'm very sorry to say, in the Crescent. Unless openly rebuking for a very, very good reason, our job here on earth is to build, not to tear down. We are here for the purpose, I believe, of

reaching out to others and reaching out to God; this is not accomplished by a negative attitude and by knocking other people down, even if we do disagree with them. Here on a christian campus we should be setting the example for nonchristians. If we can't live our christian lives boldly and growing here, where we are surrounded by christians, I shudder to think of the examples of Christ we will be when we're in the outside world.

Brother Dan, I really and truly say this as a suggestion, not as a criticism.

Your Jesusbrother
Dan Hopper



To the students of GFC:

After reading the Nov. 15th issue of *Crescent* I am somewhat dismayed by the lack of understanding expressed in "Letters to the editor." I was surprised and saddened by the tenseness of spirit I felt in the letter concerning the editorial statement about finances, and by the editor's apparent lack of compassion in his reply to Mr. Friesen.

In the interest of preserving spiritual unity, and because having lived with Mr. Berggren I feel I possess a bit more insight than most of you students, let me by way of suggestion offer a means to a mutual understanding: First of all, please realize that your fearless editor has a very unique sense of humor (unique on a campus such as George Fox) which is not easily comprehended by those who are unfamiliar with his tone of writing. I would encourage any of you who might be particularly offended by Dan's seemingly rash statements, to make an effort to talk to him and get to know his spirit. He really is a good fellow, when he is encouraged so.

And thou, Daniel, perhaps it would be helpful for you to take special consideration for your special blend of humor. Although there are those of us who appreciate it, many cannot, and don't. Please make an effort on your part to be especially clear in your writing, being careful that your friendly jibes are unmistakably friendly jibes.

To all of you, the *Crescent* is an extremely valuable tool for expression and communication; I am concerned that it continues and progresses as such. Conflict caused by misunderstanding between the editor and any party is unnecessary and detrimental to both this publication and the health of the spiritual atmosphere at GFC. Be ye peacemakers.

Walt Everly
214 E. Sheridan

THE PRICE OF EDUCATION

by Dan Hobbs

When I was in college the Physics lab was in the gym. A kind of siamese twin to the locker room. But the school's operation was successful and now Physics and Physical Ed. are separate, though not entirely independent. There was a sign in the old lab which read "An education is the only thing people will pay for and not get." That sign really struck me. I went away brooding, "There's a lesson there somewhere."

That old sign expresses a frustration which faculty sometimes feel. But if we are honest, I think that sign strikes at every one of us at some time or another. What is education? I offer this definition: education is constructive personal change resulting from one's reflections upon experience. To draw an analogy with computers - education occurs when, with your willing participation, your internal programming changes.

With this definition we can make some observations. First, change is not identical with education. If you just learn to take square roots without your trusty HP-25, you have more knowledge but are not necessarily

more educated. If my fiance calls it all off and I turn to a life of crime, that's change but hardly education. Education is constructive change.

Second, experience is not the same as education. Not everything that happens to us is good, but all things can work together for good. How? If we learn by experience so that bad experiences help make us more the whole persons God intended us to be. If I blow it, that's not good. But once it's blown, that bad time can work together with my openness and self-searching to produce real growth in me.

And this leads to the third, and most important, observation. Education is a personal activity. Nobody else is gonna walk that lonesome valley for you or for me. This applies, I think, to academic education. There are really no teachers, just learners. The one called teacher can try to create an environment in which learning can more easily occur. But all learning is ultimately self-directed. And in a broader sense, each of us decides whether to become educated. For each situation we decide whether it will produce growth or stagnation by

how we handle it.

Which brings me back to that sign in the Physics lab. What is the price of education? Is it the \$X,000 one spends each year to sit through lectures, exams and Spiritual Emphasis Week? Someone once said, the value of anything is the amount of your life you are willing to spend to get it. What resources truly belong to us to spend? I can think of only two - time and caring. If we don't learn our lessons - both academic and personal - well and efficiently we squander time. And if we don't care deeply about the activities and relationships we are involved in, we miss a very great deal. I think this is part of what Christ meant when He said, "He that loseth his life, for My sake, shall find it."

Each of us loses his life in many ways at many times. Now student, now teacher, preacher, businessperson or civil servant, now husband or wife, now parent, now a dying being alone before God. Each of us is challenged to make his life, whatever the present calling, an education in the truest sense of the word. To do so requires total commitment and total caring.



\$1000

POETRY
PRIZE

A grand prize of \$1000 is being offered in a new poetry competition sponsored by the World of Poetry, a monthly newsletter for poets. In addition, there are 49 cash and merchandise awards.

Says Poetry Editor Eddie-Lou Cole, "We hope to encourage new poets—even poets who have written only one poem."

For rules and official entry forms write to: World of Poetry, 801 Portola Dr., Dept. 211, San Francisco, California 94127.



BRIGHT SHADOW OF REALITY: C.S. LEWIS AND THE FEELING INTELLECT

by Corbin Scott Carnell.
Grand Rapids, Wm.B. Ferd-
mans, 1974.

Reviewed by Robert D.
Claiborne

C.S. Lewis is perhaps the most influential Christianologist of this century. His books, unlike those of so many theologians—who write only to be read by other theologians, are read and enjoyed by a wide variety of people, ranging from children to highly educated scholars, and from committee lay people to well-informed skeptics.

One such scholar is Corbin Carnell. Carnell, a literature professor at the University of Florida, has spent much of his academic life studying the life and works of C.S. Lewis.

One of the results of Carnell's study is his current book, *Bright Shadow of Reality: C.S. Lewis and the Feeling Intellect*. In his book, Carnell attempts to discover and analyze the circumstances, people, and forces that directed the life and thought of C.S. Lewis.

The force that Lewis, himself, felt had the most influence on his life is best stated by the German word, *Sehnsucht*; it is around this concept that Carnell places his entire book. *Sehnsucht* is commonly translated as "nostalgia", but for Lewis it had deeper meaning. Carnell takes the entire first chapter in attempting to define *Sehnsucht*, but basically he defines this attitude as follows:

"The crucial concept in defining this attitude is best expressed in English by the word 'nostalgia.' Even though *Sehnsucht* may be made up of several components or appear in different form (melancholy, wonder, yearning, etc.), basic

to its various manifestations is an underlying sense of displacement of alienation from what is desired." pg. 15.

"A sense of separation from what is desired, a ceaseless longing which always points beyond ..." pg. 23.

Taking an entire chapter to define one word may seem to be a bit excessive. But it is necessary to understand the concept of *Sehnsucht* before the reader can understand how it has shaped Lewis' life. For it is in the contest of *Sehnsucht* that Carnell interprets Lewis' early life, his conversion, and his numerous literary and academic achievements.

Bright Shadow of Reality is not written for anyone who has never read any of the works of C.S. Lewis. Rather it is written for those who are familiar with his writings and wish to consider a scholarly analysis of his life and work. As a treat to more committed C.S. Lewis fans, *Bright Shadow* contains some of his poetry; much of it from *Spirits in Bondage*.

Bright Shadow of Reality is excellently researched and intelligently presented. Unfortunately, as is common to most literary expositions of this type, the style is both formal and reserved, and the scholarship and vocabulary tend to soar above the average readers head, at about 10,000 feet.

However, if you are willing to 'stick it out', with dictionary in one hand and Carnell in the other, you will soon come to know "C.S. Lewis and the Feeling Intellect" as a reality in your own life.

Bright Shadow of Reality is available in the college bookstore, as well as in the Comm Arts library.

MAKES GOOD BAND CONCERT

It was a cold, dark Saturday night in November that sounds of great terror emerged from Wood-Mar hall. It sounded as if the Great Hephelump had over taken the noble building. Being the brave person I am, I walked boldly to the building and peered inside. I laughed at my foolishness, for it was no great Hephelump, ready to eat me, but our own GFC band warming up for their first Pops Concert.

The concert band, directed by Dennis Hagen, went to Europe this past summer, touring Germany, France, England and the Netherlands. The band this year is starting short handed, as it dons one lone woman on an alto sax, when the sax section is usually a swinging four. The percussion section is green with three new people who have never played in a percussion section before. But besides these "slight" problems the band is up to its usual perfection as only the "Colonel" will have it.

The concert opened with "Eternal Father" arranged by Claude Smith. This starts with a long introductory fanfare of trumpets, and other brass and percussion which tags "Eternal Father" at the last third then ends with the same fanfare. "Variations on a Korean Folk Song" by John Barns Chance gave the percussion section a challenge and fun with wood blocks and a chinese gong. This piece utalized various modern styles to vary the themes.

Every year seniors of excellent musical ability are honored by doing solo's with the band. In this concert Steve Hockett played from the "Concerto for Trombone" by Nicholas Rimsky-Korsakov, the Andante Cantabile and the Allegro. Nancy Kile Thompson, flutest, played a mellow composition. Mark Williams on his trumpet, in a duet with freshman Ken Wendt played "Come Back to Sorrento" arranged by James Ployher.

The greatest composition and

most fun to listen to, was "Grand Serenade" by P.D.Q. Bach, (a renegade son of J.S. Bach, who goes by the name of Peter Schickele). This piece employs all the techniques that a band member has dreamed of doing, in a straight composition. An example second movement was done by various sections of the band by removing their mouth pieces and reeds and producing the sounds of "razzberries" How they kept a straight face, I'll never know. But the best was a "Crasho Grosso" in the fourth movement where the percussion section dropped anything and everything. There were gurgles of pleasure from the bassoon and oboe section. I was sure they would choke from their laughter. One member said of this section, "I had fun. At first I thought I'd feel stupid, but I like doing stupid things."

Will the band have this much fun next term or will they go straight? Come to their next concert and find out.



READER'S THEATER FEATURES "SPOON RIVER ANTHOLOGY"

"Spoon River Anthology," will be the opening dramatic production of the academic year at George Fox College.

The reader's theater production will run two weekends, Dec. 3 and 4, and Dec. 10 and 11. Performance time is at 8 p.m. in Wood-Mar Auditorium.

"Spoon River Anthology" is a staged version of Edgar Lee Master's book of the same name. A cast of ten will portray approximately 75 characters.

The characters are residents of Spoon River in the early 1900's. Having lived and died in this town, they come from the earth and tell their secrets, individual stories of bitterness, joy and dreams. Characters range

from young lovers to preachers and teachers.

Folk songs, a duet, and forms of ballet and folk dancing will be included with the readings.

"I can call it theater of the mind because it leaves the imagination of the audience to fill in the gaps of motion and set," says Darlene Graves, production director and drama instructor at George Fox.

The cast includes Susan Allen, Orange, Calif.; Dan Berggren, Simi, Calif.; Scott Ankeny, Newberg; Gail Bumala, Klamath Falls; Richard Benham, Newberg; Lu Anne Cadd, Newberg; Robert Claiborne, Lynwood, Calif.; Warren Koch, Caldwell, Idaho; and Beth Herman, Ridgefield, Wash.

TRYOUTS FOR "GLASS MENAGERIE"

There will be four scripts on reserve in the library this week for those interested in auditioning for the winter drama production. Try outs will be held in Wood-Mar Auditorium, December 14, 1976, 8:00 p.m. Please come prepared with specific scenes from the play to present in character, with stage business incorporated.



"SPOON RIVER ANTHOLOGY" SET FOR WEEKEND

Three Newberg students are cast in the George Fox College reader's theater production of "Spoon River Anthology" set for performances the next two weekends (Dec. 3, 4; Dec. 10, 11.).

Included in nine member cast are Newberg students Scott Ankeny, a junior; Richard Benham, a junior and Lu Anne Cadd, a freshman.

"Spoon River Anthology" is the opening dramatic production of the year at the college. Performance time all nights is 8 p.m. in Wood-Mar Auditorium.

The cast will portray approximately 75 characters in the staged version of Edgar Lee Master's book of the same name.

The characters are residents of Spoon River in the early 1900's. They have lived and died in the

small town and come back from the grave to tell their secrets and individual stories.

Folk songs, a duet, and forms of ballet and folk dancing are included with the readings.

Director Darlene Graves, drama instructor at George Fox, and a McMinnville resident, calls the production "theater of the mind" because "it leaves the imagination of the audience to fill the gaps of motion and set."

Other cast members include Susan Allen, Orange, Calif.; Dan Berggren, Simi, Calif.; Gail Bumala, Klamath Falls; Robert Clairborne, Lynwood, Calif.; Warren Koch, Caldwell, Idaho; and Beth Herman, Ridgefield, Wash.

Tickets, available at the door, are \$1.75.

BACK—IN THE WIND

The last exciting episode of the windy city report left each member (who read it) clinging to the end of their chairs. Questions of all types were running through the minds of many, such as who wrote this article? Does he have family problems? etc. You obviously knew that if I were called upon by the Lord, or as much as it sounds, sent by the College to do a job, I wouldn't possibly return without doing the job—just call me "old faithful De".

Even though I wasn't overly impressed with the south side of Chicago, I knew what my job was and therefore stayed to do it. I once again became confronted with making an adjustment into an area of one predominant color. After being in Newberg, I was accustomed to standing out as that minute minority. The situation seemed strange, I could hardly see myself; the entire community was black, yet I sort of blended in without any effort whatsoever.

The city of Chicago is without any doubt a very large (and what I consider) a confused metropolis. It's structure is in itself a very wierd and complex situation. This may be no new news to some, but for those of you who have been isolated for so very long, Chicago is indeed a challenge. One must be in good spirits to address the situation (of

Chicago), being of bad spirit can only lead to getting lost. There is plenty transportation to help one maneuver around. Located just above every freeway and department store is Chicago's famous "L" train system. Just below is your typical everyday streets for your automobiles and as if that wasn't enough, just below your street is your subway system. Yes friends these conveniences of travel are put there for the residents rape-and-purse snatching pleasure. Without these favorite spots there would be no action in Chicago. Actually the above mentioned is all in fun, but if an earthquake hit the world tomorrow according to my personal calculations the windy city would be the first to blow/go (whichever seems most appropriate). Only to be included in the list of items that would easily fall down in the windy city is the largest building in the world, the Sears building. This little playtoy of Chicago's stands and is recorded as the largest building in the entire world. Just to name one of the biggest thrills of reaching the top of the building, it sways when the wind blows, isn't that exciting? This without question could be a most painful circumstance for people who would be passing by as the building fell. We might even get some fragmented pieces of glass here in

the Newberg area. (Boy that's a taste of Chicago for ya). I was told by some of the Chicago residents that there at one time was a problem with the windows of the building, they said the wind would blow and the windows would fall out and fall in. I don't know how they solved the problem, but it's a good thing they did.

You know, Chicago is said to be exactly like New York city in many respects. One of these respects is the community structures. In New York when one wishes to eat Italian food he does not enter an American owned restaurant that happens to serve Italian food. But instead (as it is my experience) one is offered an atmosphere that is authentically Italian, and thus is served original Italian food. Chicago offers the best in authentic Greek community. It is said that Chicago's Greek community is considered by many to be only second to Athens. My experience was a very nourishing one in that, a group of students from the conference, Deb and myself found some relaxation in an Italian restaurant called Gino's East. The pizza was dynamite. Also Soul food could be found everywhere, and my stomach was pleased to receive a deserved rest from the saga attack.

(Continued in the next issue)

DeAndre Armstrong

Sports Spot



HOCKEY WOMEN WIN FOUR STRAIGHT

"The tournament was a fantastic way to finish the season; the team played together as a unit and our 4-0 record is well-deserved," says George Fox Field Hockey Coach Dee Bright after the Bruins swept through four games at the NCWSA field hockey tournament in Ellensburg, Wash. over the weekend.

The Bruin women scored 10 goals with just one hockey ball finding its way into the Bruin cage.

Pacific Luthern University JV's fell to a well-playing George Fox team, 2-1 in the first contest. Senior Pam Sturzinger scored both goals: one, unassisted scoop past goalie, and the other a corner shot with an assist from senior Nancie Thompson.

The U of O JV squad failed in their third attempt to better George Fox. They were blanked 1-0. Thompson claimed the lone goal, and Sturzinger assisted.

Junior Cheryl Horgan was

credited with what Coach Bright terms "tremendous save" as College of Idaho was stymied 3-0. Lavonne Kollmar chalked up a Bruin goal on a complicated, but efficient pass pattern from Jeanette Myers to Thompson, to Sturzinger to Kollmar. Sturzinger was credited with two other goals in the game. Central Washington State JVS found the Bruins too hot to handle as they went down 4-0. Sturzinger was praised by Coach Bright for an unassisted goal—preceeded by a 50-yard offensive drive to the goal. Senior Becky Ankeny scored the first goal of her career from the corner, and Thompson and Sturzinger added a pair to total the Bruin score at four.

Coach Bright cited several individuals for outstanding performance. "Forward Jeanette Myers had some of her best games of the season, consistently giving an outstanding performance at wing position," she said. "Links Diane

DeWitt and Becky Ankeny did a superb job of defensive stickwork and assisting the forwards in their attack; they helped set up conditions for scoring opportunities, she added.

"Our defense did a great job of preventing penetration," Bright continued. Cheryl Horgan is credited with a great save, and defensive players Cindy Mortier, Kelly Davidson, Lurae Hanse, Chris Winters, and Diana Comfort also contributed to our success through their aggressiveness and good stickwork.

Blikstad Receives All American Award

George Fox College's Steve Blikstad has another description to add after his name in addition to sophomore and pre-law major.

He's now an All-American.

Blikstad earned the honor Saturday (Nov. 20) finishing in the top five per cent in the nation in the NAIA cross country championship run in Kenosha, Wisc.

Blikstad finished 19th out of 276 runners completing the five-mile course. The top 25 finishers receive the All-American title. Blikstad is the first George Fox cross country man to earn the title.

The win emphasized Blikstad is the best small college runner in the Northwest. His closest District 2 competitor was Bill Hurst of Willamette back at 35th place. The District 1 champion, Jim Hennesey, of Central Washington College, was 21st, four-seconds behind Blikstad who finished the course in 24:53.0.

"I'm really pleased," a happy Coach Rich Allen phoned back Saturday. "He had a good run in some top competition."

Blikstad posted mile splits of 4:58, 4:48, 5:07, 5:06 and 4:54 over the course which was uphill a good portion of the way. The race was run in clear weather with a 45 degree temperature.

Terry Zerzan of Willamette, considered Blikstad's closest competition during the season, finished 72nd at 25:38.

First place finisher was John Kebero of Kenya, running for Eastern Nzw Mexico. His time was 24:21. The top team was Edinborough State of Pennsylvania with 56 points. Second was Adams State of Colorado with 103.

For Blikstad the cross country season is over, but he's not through for the year. He's already prepping for the upcoming track season where he is a standout distance man for the Bruins.



FRANKLY SPEAKING ...by phil frank



The Oregon Extension A Unique Approach To Learning

The Oregon Extension is a Christian learning community in southwestern Oregon's Cascade mountains. Accredited by Trinity College, Deerfield, Illinois, the program offers fifteen semester hours of liberal arts during the fall of every year.

The setting is an old logging camp 22 unites east of Ashland which has been renovated to accommodate twenty-five students and five faculty families. The logging camp's administration building now houses a library of 7,000 volumes, study areas and also serves as the community meeting place.

Students are housed four to a cabin and are responsible for housekeeping and cooking. Keeping the wood stove stoked becomes important toward the middle of November or so.

The people at the Oregon Extension take seriously their commitment to live together in Christian community. For them, community is—singing, sharing, worshipping, hiking—most of all together seeking God's truth in books, nature, Scripture, in each other.

The Oregon Extension is also part of larger communities, including a thinly-settled mountain community. Ashland, down the mountain provides libraries (including Southern Oregon State College), shopping and a Shakespeare festival.

The experience of learning demands a diversity of skills. Explicite instruction is given in

rhetoric, research, rational thought. Since both faculty and students learn, both also teach. Lectures, discussion, small group work and tutorials all play a part. Clear written expression is emphasized. Within the given structure, individual creativity in the eetermination of one's own learning experiences is encouraged.

The Oregon Extension is open to juniors and seniors with proven academic abilities. Costs approximate those in most private schools.

Brochures are available in the Student Government office or by writing Dr. Douglas Frank/The Oregon extension/Trinity College/Deerfield, Illinois 60015.



REPUBLICANS DOMINATE

Republicans at George Fox College outnumber Democrats better than three to one, according to a survey by college history professor Ralph Beebe.

The poll of students, faculty, and administration and staff personnel involved nearly a third of the persons on campus.

About 70 per cent of college-employed personnel responded to the questionnaire. Of those registered to vote, 72 per cent say they are Republicans, 16 per cent claim to be Democrats and 10.8 per cent say they are independents.

Students also are heavily Republicans, 56.8 per cent claiming that registration, while 23.3 per cent report they are Democrats and 19.8 per cent indicated they are registered as independents.

The tally of both groups responding shows 62.5 per cent on campus are Republicans, 20 per cent are Democrats and 16.9

per cent are independents. About 10 per cent of those contacted report they are not registered to vote.

Republican registration led in each of the four classes and the three personnel divisions ranging from 81 per cent of 16 administrators responding, to 43.5 per cent of the senior class which also reported 37 per cent Democrats, the highest showing in any group.

Correspondingly, the college voters overwhelmingly voted for President Ford, by more than two to one margin, giving him 65 per cent of the votes to 30.7 per cent for Jimmy Carter, with two per cent to Eugene McCarthy.

Students responding to the survey were for Ford by a 61 to 32.8 per cent margin. Faculty staff and administrators voted 72.3 per cent to 27.6 per cent for Ford. The President won in every category, but one: senior class members voted 47.6 per cent for



Carter, 45.2 per cent for Ford and 7 percent for McCarthy.

Of the 254 respondents, 81.8 per cent said they voted in the recent election. For college employed personnel the figure was 92.6 per cent and for students 76.6 per cent.

"I expected votes to be a little on the conservative side," Beebe said, "I expected Ford to win."

Beebe sampled opinion through a single sheet questionnaire distributed through campus mail boxes election week.